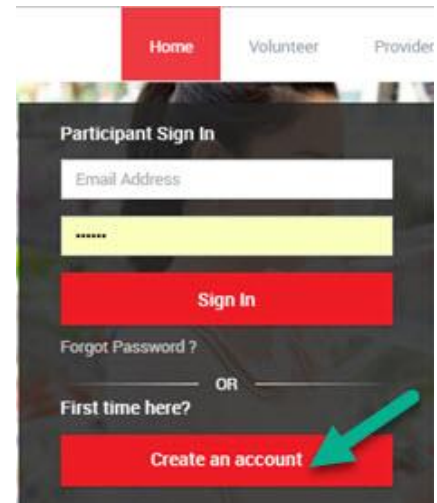


## Step 1: Register for CCC at <https://www.research.net/r/CCCCABQ>

## Step 2: Set Up Participant CCC Tracker Account

1. To create an account, go to [www.ccctracker.com](http://www.ccctracker.com)
2. Click on the red “Create an account” button
3. Complete all of the required fields:
  - Username, Email, Password, Full Name, Birth Year, Gender, Ethnicity, Zip Code and Campaign Code
  - When you enter Zip Code, it will auto complete your city and state
  - **Campaign Code for CABQ: NM003**
  - **Campaign Code for Water Authority: NM004**
4. Review and agree to the subscription agreement, terms of service and privacy policy by checking the box near the bottom of the page.



### CREATE A NEW PARTICIPANT ACCOUNT

← GO BACK

|   |   |
|---|---|
| UserName<br><small>Numbers and letters are allowed.</small> | Email   |
| Password<br><small>6 character minimum.</small>             | Confirm Password<br><small>6 character minimum.</small> |
| Full Name   | Birth Year  |
| Gender  | Country Code<br>+1                                      |
|   | Mobile Number<br>(XXX) XXX-XXXX                         |
| Ethnicity   | Enter Zip Code  |
| Enter Campaign Code   |   |

☐ By checking this box I acknowledge that I have reviewed and I agree to the terms and conditions outlined in the [subscription agreement](#), [terms of service](#), and [privacy policy](#).

Register

5. Click on the red “Register” button

## Your Account is Set Up – Opens up to your Dashboard

www.ccctracker.com/patients/home

Apps AHA Support Services AHA-ASA Logos AHA's Workplace Health American Heart Association American Heart Association American Heart Association Atrial Fibrillation - All

Check, Change, Control. NanceT

**Dashboard**

Blood Pressure

Search Volunteers And Providers

My Volunteers And Providers

Messages

Alerts

My Profile

Reminders

Resources

Help

Signout

**ADD A BLOOD PRESSURE READING**

Systolic or top number (mmHg) Numbers Only

Diastolic or bottom number (mmHg) Numbers Only

Heart Rate Irregular heartbeat detected

Date 2016-12-05 Time 04:20 PM

This field is required. This field is required.

Reading Source Home

This field is required.

Comment

Save

**Weekly Blood Pressure Report Readings\***

150

125

100

75

50

25

0

28 Nov 29 Nov 30 Nov 01 Dec 02 Dec 03 Dec 04 Dec 05 Dec

SYSTOLIC DIASTOLIC SYSTOLIC HYPERTENSION DIASTOLIC HYPERTENSION

\*Note: each reading represents the average of the total number of readings done in that day.

6. Enter your first blood pressure reading from your Dashboard. You only need to enter the systolic (top number) and diastolic (bottom number), Date & Time auto complete based on when you open the Dashboard and can be edited as needed. Reading Source is optional and defaults to Home.

**ADD A BLOOD PRESSURE READING**

Systolic or top number (mmHg) 118

Diastolic or bottom number (mmHg) 75

Numbers Only Numbers Only

Heart Rate Irregular heartbeat detected

Date 2016-12-05 Time 04:20 PM

This field is required. This field is required.

Reading Source Home

This field is required.

Comment

Save

7. Click “Save” and you will receive a green confirmation message that your blood pressure reading was added:

Blood Pressure reading added successfully. Keep up the good work!